

Policy Applies to:

- Those nurses who have undertaken training in smoking cessation and nicotine replacement therapy (NRT) prescribing. As a minimum, these staff must be registered Quit Card providers.
- Patients under the direct care of Mercy Hospital only.

Related Standard:

- NZ Smoking Cessation Guidelines (2007)
- Competencies for Registered Nurses (2007) – Scope of Practice document
- Right 6 – ‘The right to be fully informed’ Code of Health and Disability Services Consumers’ Rights

Rationale:

Mercy Hospital is committed to actively encouraging and assisting patients

- To stop smoking and to be smoke-free both while inpatients and on discharge
- To minimise the symptoms of Nicotine withdrawal

Definitions:

Nicotine Replacement Therapy (NRT): a smoking cessation method intended to reduce nicotine cravings and ease the symptoms of withdrawal by substituting another source of nicotine, such as a specially-formulated lozenges, gum, nasal spray, inhalants or skin patches for tobacco products.

Objectives:

- To identify patients who can benefit from NRT
- To ensure patients are given appropriate smoking cessation information
- To minimise patient risk associated with smoking withdrawal
- To ensure that staff are fully aware of the process

Implementation:

Patients

At pre-admission phone call or on admission, patients will be asked their smoking status using the ABC method. This is documented on the Nursing Assessment Form or the Day Case Form. *As we do not have a formal therapeutic relationship with patients’ families or support people, we cannot offer NRT therapy if they request it. However, nursing staff shall provide them with information to ensure that they are able to access Quit line Toll free for themselves. The number is 0800 778 778 or website www.quit.org.nz*

NRT products that are subsidised include patches, gum or lozenges. These are subsidized via the Quit Card Programme.

In the case of children, practitioners are legally obliged to inform children about treatments in a manner relevant to their level of competence and, if appropriate

given that level of competence, to obtain their informed consent. Generally parents or guardians will be involved in the informed consent process for the very young.

Maori patients who wish to quit should be made aware of the services of Autaki kai paipa, a smoking cessation service provided by Maori organisations for Maori who smoke. Contact 09 638 5800 or www.tehotumanawa.org.nz

Inpatients who require NRT MUST have this prescribed on the Medication Chart. These are only administered against a doctor's prescription.

Staff offering advice will have:

1. Education and certification via the e-learning tool which can be completed on line at <https://learnonline.health.nz/login/index.php>
2. Access to The New Zealand Smoking Cessation Guidelines
3. DHB Smoke free coordinators provide local advice on education initiatives
4. Access to clinical staff who can supply additional resource who have attended more comprehensive education on smoking cessation
5. An understanding of the principles of child consent

Evaluation:

- Customer satisfaction surveys
- Feedback from staff prior to each policy review date
- A log is maintained in DSU of all patients who accept smoking cessation advice

Associated Documents

External -

Ministry of Health (2014) Guide to Nicotine Replacement (NRT)

Ministry of Health - *Quit card Provider Training* -

- <https://learnonline.health.nz/login/index.phpwww.quit.org.nz>

NZ Ministry of Health (2007) - Smoking cessation guidelines

- <http://www.moh.govt.nz/moh.nsf/indexmh/nz-smoking-cessation-guidelines>

Nursing council of New Zealand (2007). Competencies for Registered Nurses



Lippincott
Procedures

Transdermal patch application
Buccal and sublingual drug administration

Internal –

- Patient Assessment Policy
- Consent Policy
- Clinical Records Management Policy
- Hospital Smoke-free Policy